



RANDOLPH-ASHEBORO YMCA

EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

<p>MONDAY January 23</p> <p>5:15 AM Cycle Jen 9:00 AM Interval Training Amy 10:15 AM Body Pump Live Betsy 10:00 AM Yoga Abby N 12:15 PM Cycle Heather 5:30 PM 45 Min. HIIT Abbey G 5:30 PM Cycle Adam 6:30 PM Yoga Rhonda 6:30 PM Variety Pack–Total Body for All Myra</p>	<p>TUESDAY January 24</p> <p>5:15 AM Bootcamp-Gym Jen 9:00 AM Low Impact Aerobics Karen 9:00 AM Abs-Buns-Cycle Jamie 10:00 AM Silver Sneakers Maxine 10:00 AM Slow Flow Yoga Lesley 11:15 AM Line Dance Susan A 12:15 PM Interval Training Becca 5:30 PM Old-School Step Class! Rhonda 5:30 PM Abs-Buns-Cycle Danielle 5:30 PM Yoga for All/Beg-Interm Nicole 6:30 PM Yoga Connie</p>
<p>WEDNESDAY January 25</p> <p>9:00 AM Pilates Mary 10:00 AM Slow Flow Yoga Mary 9:00 AM Interval Training Amy 11:15 AM Line Dance Susan A 12:15 PM Cycle Heather 5:30 PM Cycle Adam 5:30 PM Hip Hop Shay/Adrienne 6:30 PM Yoga Scarlet</p>	<p>THURSDAY January 26</p> <p>5:15 AM Interval Training Jen 9:00 AM Low Impact Aerobics Karen 9:00 AM Cycle Amy 10:00 AM Silver Sneakers Karen 10:00 AM Yoga Lorrie R./Lesley 12:15 PM Interval Training Penny 5:30 PM 45 Min. HIIT Abbey G 6:30 PM Variety Pack–Total Body for All Myra 7:30 PM Night Owl Yoga Lorrie G</p>
<p>FRIDAY January 27</p> <p>9:00 AM Yoga Lorie R 9:00 AM Abs-Buns-Cycle Jamie 9:00 AM Body Pump Virtual 10:15 AM Senior Chair Yoga Virginia 11:00 AM Room Reserved for Y Group 5:30 PM Yoga Wall Dana</p>	<p>SATURDAY January 28</p> <p>8:00 AM Boot Camp – Gym Emily 9:00 AM Cycle Adam 10:00-10:45 Body Pump Virtual-45 minutes 11:00 AM Room Reserved for Y Group</p> <p>BRING YOUR OWN YOGA MAT Mats available for purchase at the Front Desk</p>

LES MILLS VIRTUAL CLASSES & VIRTUAL CYCLE CLASS available for member use when live classes are not scheduled. Ask a staff person for help to get started and enjoy!

BEASTMODE CLASS TIMES

Monday-Tuesday-Thursday 10:00AM 12:15PM 4:30PM 6:00PM
Wednesday 10:00AM 12:15PM 5:00 PM 6:00 PM
Friday 10:00AM 12:15PM 5:30PM

Youth BeastMode Ages 10-14 Wed. 4:00 PM

All BeastMode classes held in the BeastMode Box Functional Training Center

Supervised Teen Center: Monday-Thursday 4:30-7:30pm Ages 7 and up **Nursery Hours:**
Mon-Fri 8:30am-1:15pm Sat 8:00am-12 noon Mon-Thurs 4:00pm-8:00pm Fri-4:00pm-7:00pm

